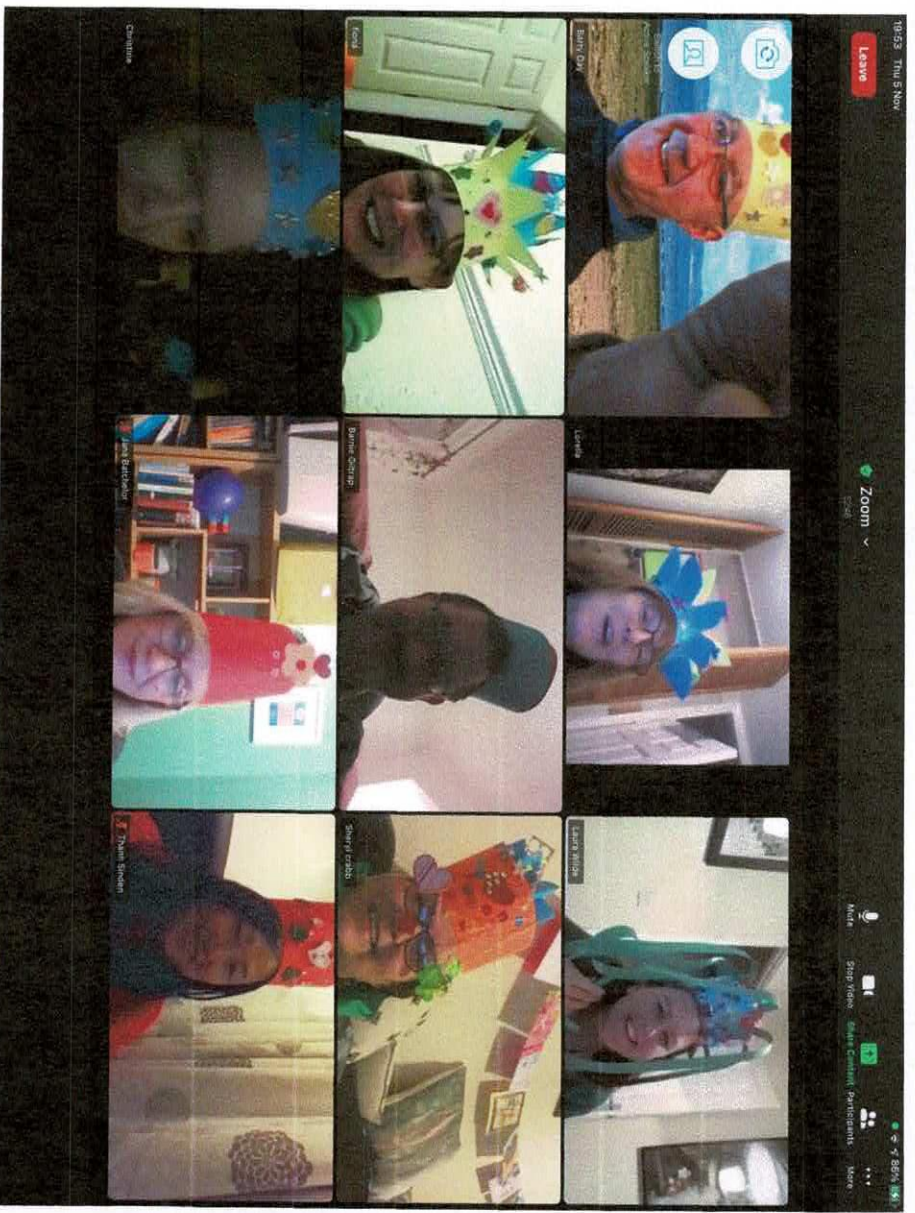


Company No. 5260817
Charity No. 1107757



Charities Evaluation Services
Part of NCVO

ANNUAL REPORT 2020-21



25th Anniversary Birthday Party on 5th November 2020



Arty-Folks

Trustee Directors' Report and Financial Statements for the year ended 31 March 2021
Company Registration no.5260817 Charity Registration no.1107757

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Arty-Folks

Trustee Directors' Report and Financial Statements for the year ended 31 March 2021
Company Registration no.5260817

Charity Registration no.1107757

Charity Information

Charity Name:

Arty-Folks

Charity Registration Number:

1107757

Company Registration Number:

5260817

Registered Office

1st Floor Eaton House
1 Eaton Road
Coventry CV1 2FJ

Contact

024 7641 4740 / 074 4364 3634
info@arty-folks.org.uk
www.arty-folks.org.uk

Social Media

[@artyfolks](#)
Facebook / Instagram / Twitter / LinkedIn / Pinterest / YouTube

Trustee Directors

Barry Day, Chair	20 December 2019
Ian McFarlane-Toms, Treasurer	25 March 2019
Jane Batchelor, Marketing &Comms	23 March 2015
Thanh Giang Sinden, Inclusion	29 Nov 2018
Laura Wilde, Operations	05 Nov 2020
Ceylan Thompson, IT	25 March 2021
Rebecca Noble, Data	Resigned 5 Nov.'20
Bernard Giltrap, IT	Resigned 30 Mar.'21

Company Secretary

David Howitt	Resigned 1 May '20
Lorella Medici	01 May 2020

Staff Team

Lorella Medici, Chief Executive Officer
Elizabeth Harvey, Art Programme
Fiona Emmerson, Data and Digital

Bank

CAF Bank Ltd.
25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ

Insurers

Markel (UK) Ltd., Verity House, 6 Canal Wharf
Leeds LS11 5AS

Policy no.

CD42569
Period of Insurance 02.04.20 to 01.04.21
Public Liability £5,000,000
Employers Liability £10,000,000
Professional Indemnity £250,000

Independent Examiner

Azets Audit Services
3Mc Middlemarch Business Park
Siskin Drive
Coventry CV3 4FJ

Chair's Welcome

I joined Arty-Folks December 2019 because I had heard so much about the organisation when I was a Director at Coventry and Warwickshire Partnership NHS Trust. I was looking forward to our Trustee away day in April '20 when the pandemic derailed all our plans.

This last year has been an incredible year for us at Arty-Folks, in every way! The Board of Trustees met fortnightly through the first four intense months of crisis to support and guide our staff who were hugely determined to continue offering a service to our members. We also needed to support with finances and funding applications, and to support staff to work from home and teach themselves the necessary digital skills. COVID19 has been a sobering experience for us all, but the way our team of staff and Trustees has pulled together and risen to the challenge is truly remarkable.

We first consolidated our services and looked at how we could enhance the care we provide online, and to consider options we might develop for a post-pandemic future. We made a major leap forward in our plans when we reopened our studios for face to face (socially distanced of course) activity that has been warmly welcomed by our service users. This was a decision that the Trustee body worked alongside the staff themselves, who really wanted to do this. This was a very brave step taken by our staff but one which they did with true grit, determination and indeed excitement, knowing how much this would mean to the people we serve.

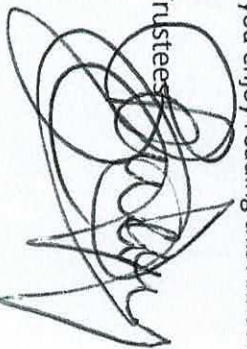
According to the Centre for Mental Health, the global Covid-19 pandemic is likely to lead to an increase in mental ill health in the UK, as a result of both the illness itself and the measures being taken to protect people from the virus. I am so proud of the people that work in Arty-Folks, and all the support from the Trustee body, for their passion, commitment, and dedication to our mission that led to running a highly effective digital service at a time when most voluntary sector partners were still closed.

Like most organisations, we started the financial year at a low point due to the outcome of the Covid-19 pandemic. However, I am glad to say that we have ended the year at an incredible high when we won our first Public Health contract in the 25 years history of Arty-Folks. Commissioned by Warwickshire County Council, this January '21 we started running Creative Arts on Referral a 2.5year programme of workshops and courses for adults with low to moderate mental health needs. This new and innovative service will be evaluated by Coventry University.

I know in these uncertain times that we can't get it right all the time, but our staff certainly seem to get it right a lot of the time, and this is borne out by the positive participants feedback we receive. Even though the world still looks uncertain for some time to come, whilst we adapt and adjust to living with COVID, I feel it is an exciting time for our us all, and it wouldn't be possible to offer what we do without the support of our supporters in the community and our wider stakeholders.

Looking back on these 12 months I am immensely proud of the way we have all pulled together and it has been a great honour to have worked alongside such a talented and enthusiastic team over this tumultuous year. I would like to thank all our funders for supporting our efforts and I would like to thank in particular those hundreds of members of the public who have generously donated and enabled us to come through the most challenging time in our history. I hope you enjoy reading this Annual Report.

Barry Day, Chairman of Trustees



Chief Executive Report

What an incredible rollercoaster ride this year has been! On Monday 23rd March the Covid-19 pandemic forced us to close our studios and we went home in a state of shock and disbelief. Three days later, on Thursday 25th March we ran our very first online art workshop on Skype. Most services had to shut but not walking alongside our members through such incredibly challenging and uncharted times was just unthinkable!

We supported 51 members through the first lockdown and our message was simple: Let's stay physically distanced but socially together and connected online. We ran 6 weekly art groups, daily one-to-one phone check-ins, and delivered art packs to service users' homes. We supported our members to tackle domestic abuse, food and financial poverty, and helped them to venture online. Our members described our support as 'life-saving' and we are grateful that no-one experienced a relapse during that period.

Covid-19 catapulted us into a bleak year causing us to lose all project grants. Our Chair, Barry Day, did warn us it would take two to five years to get through the pandemic – unbelievable at the time! I cannot describe in words how overwhelmed, lost and confused we all felt, and we are very grateful to our team of Trustees who met fortnightly to guide us and reassure us through the endless hurdles and challenges. Right from the start, while we were still navigating the number of online platforms and how to optimise access and the experience for our service users, the Board encouraged us to 'keep our (virtual) door open'. People have always self-referred themselves to Arty-Folks and ensuring they could still come to us for support was something we knew we had to overcome – and we did!

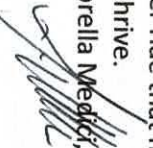
We are very grateful to the many emergency grants that have carried us through but it's the love and support we have received by members of the public that has overwhelmed and humbled us. There were donations from 6-year-old Jack who gave £5 through to Mindy Chillery, CEO of Coventry Artspace who raised £630 chopping off her golden locks.

Our team, Liz, Fiona and myself, worked round the clock to 'translate' our art projects to online delivery and it stretched us personally, intellectually, and creatively. We are hugely indebted to Hayley Cartwright, our operational manager, her positive energy helped us cope with relentless day-to-day firefighting and kept us focused and on track. We embraced digital, we taught ourselves new skills, thinking outside the box we reinvented Arty-Folks, we took account of our shortcomings and we worked to our strengths.

In December a dream came true: Warwickshire County Council commissioned us to deliver a 2 ½ year art programme for adults with mild to moderate health needs. In the past, we were told "Art is just a nice thing to do but not essential." In the darkest hours of the pandemic we turned to arts and culture seeking meaning, purpose, connection, and finally there is a wider understanding that through our creativity we can find healing, peace of mind, strengthen our identity, rekindle our communities, and take time to consider what we value in life and the future we want to live.

It's been an incredible roller coaster ride that has shown our resilience and our resolve to thrive.

Lorella Medley, CEO



Trustees' Governance Statement

The Trustee Directors ("the Trustees") present their report and the financial statement for the year ended 31 March 2021 examined independently by Azets Audit Services, Coventry.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland published in October 2019.

Arty Folks currently has a Board of six Trustees, led by our Chair, Barry Day, who bring a wide range of skills to the charity. The Trustees confirm that, in the carrying out by Arty-Folks of its activities, and in the exercise of their powers and duties as Trustees, the Trustees have acted in compliance with their duty to have regard to the Charity Commission's public benefit guidance. A Register of Interests, Hospitality and Gifts received by Trustees and employees is maintained. All Trustees elected at AGMs may serve for a maximum term of four years and shall then be eligible for re-election.

All Trustees take part in an induction programme which was updated this year prior to a new Trustee joining the Board and all have the opportunity to take part in regular training opportunities. All Trustees agree to comply with a Code of Business Conduct. Whilst conflicts of interest are rare, the Board is aware of the need to always be alert to both real and perceived conflicts and the Board has adopted a policy of considering all potential conflicts at each Trustee Board Meeting.

Our Board of Trustees is very clear about our purpose, our mission, vision and aims and the impact we are seeking to make. A sub-group worked to review and update the mission, vision and aims and their recommendations were accepted by the Board in May 2020. At the Annual General Meeting on 5th November, the 25th birthday of the charity, members voted to accept the special resolution to amend the charity's objects which were accepted by the Charity Commission and logged with Companies House.

The Board is usually scheduled to meet 6-8 times per year, with formal agendas and papers issued in advance for consideration by Trustees. In this highly unusual and most critical year since Arty-Folks' inception in 1995, Board meetings took place at first weekly and then fortnightly until the end of July'20 as the team adapted to remote working, developed the skills and confidence to work with service users online service, and worked to bridge the funding gap caused by the Covid-19 pandemic. Draft agendas are set by the Chair following discussion with the Company Secretary and Chief Executive Officer, and Board meetings are formally minuted.

Trustees examined key strategic risks and added mitigating actions to our operational plan for the board to monitor progress. Trustees monitor all key strategic and operational risks quarterly at board meetings and high risks at every board meeting. Risks are scored based on their impact and likelihood both before and after the impact of mitigating actions. The execution of operational plans is delegated to employed and remunerated managers who are generally invited to Board Meetings to update the Board on operational performance.

The Board monitors financial performance at each Board Meeting as well as operational metrics and agrees any actions which need to be taken. The start of the year, April 2020, was hugely challenging with projects and grants to deliver services halted or cancelled due to the emergence of Covid-19. Throughout this most unusual time, the Board focused on supporting the staff team delivering the service and activities to support the most vulnerable and isolated of our Arty-Folks family as well as the financial sustainability of the charity.

Arty-Folks

Trustee Directors' Report and Financial Statements for the year ended 31 March 2021
Company Registration no.5260817 Charity Registration no.1107757

At start of the financial year April 2020 the charity reported a cancellation of income totalling £46,325 due to Covid-19 in grants and earned income. Fortunately, during the year we were able to secure £77,617 emergency funding that allowed us to continue employing staff and run the service without dipping into reserves. We secured the following emergency grants:

£ 1,815	Coventry City of Culture 2021, through Heart of England Community Foundation
	To deliver art packs across Coventry & Warwickshire
£ 1,000	SEGRO, through Heart of England Community Foundation
	Towards running costs
£ 500	Police & Crime Commissioner
	Delivery of art packs
£ 8,000	Baring Foundation
	Unrestricted, as per need
£35,000	Arts Council England
	Training, salaries, IT equipment
£ 2,954	Arts Council England
	access costs, Evac chair
£17,100	Big Lottery Fund
	Salaries, art materials
£ 7,000	Coventry City Council
	Business grant discretionary bursary for running costs
£ 4,248	DWP furlough

Additionally, towards the end of the year, we secured £33,858 project grants and £42,824 Warwickshire County Council commission to run an extensive art programme for adults over the next 2.5 years.

Arty-Folks' staff team is in normal times supported by many volunteers and there is a strong programme in place for the support and supervision of all volunteers, with a number of policies specifically approved by the Board for such purposes. However, again due to the pandemic, formal volunteering opportunities stopped and partly resumed when we reopened Eaton House in August.

Formal processes are in place for every volunteer and employee to raise a concern if they wish to do so. There is also an approved complaints process for users of our services. All users are encouraged to complete service satisfaction questionnaires.

In November 2020 following a series of business planning meetings the Board set strategic targets and priorities for 2021-2024 with a focus on diversifying income streams and extending our service offer to wider wellbeing activities.

The Board also follows an agreed programme for key policy review and, in that regard, reviewed the following policies in 2020/21

- Sickness and absence
- Employment contract
- Recruitment processes
- Reserves Policy

The reserves policy is set at 4 months of operating costs. Additionally, designated funds of £10,256 continue to be held in the event that the lease on Eaton House is terminated and that the landlord exercises the right for us to vacate within 28 days and relocated to suitable premises.

The Board has appointed Azets Audit Services as its external examiner. Their report is appended.

Charitable Objects

At the Annual General Meeting of the charity held on 5th November 2020 via Zoom the membership accepted the Special Resolution to amend the charitable objects as follows: 'to relieve persons living with mental health conditions or suffering emotional distress by assisting such persons to realise their full potential and lead fulfilling lives through the provision of visual arts and wellbeing related activities.' The area of benefit is the City of Coventry and Warwickshire.

Our Mission

To inspire adults with mental ill health through the creative process to regain self-belief and take control of their personal journey to recovery alongside their peers.

Our Vision

People in Coventry and Warwickshire will feel empowered to own their mental well-being and will realise their potential.

Our Aims

- **Reduce social isolation and loneliness.**
People feel anchored in the community and enjoy being part of social networks.
- **Inspire people to achieve stability and self-manage their mental health conditions.**
People are able to maintain a lifestyle that is conducive to good mental and physical health.
- **Unlock people's creativity for self-discovery and confidence to live purposeful lives.**
People are more able to talk about, understand, and own their mental health and well-being and are ready to live self-motivated and productive lives.
- **Build resilience for social, community, and economic engagement.**
People are able to withstand knockbacks in life and will embark on their vocational choices.
- **Foster art for mental health and community wellbeing.**
People will understand mental ill health as a normal occurrence in life that can affect anyone at any point in their lives.

Our Beneficiaries

We support people 18+ of working age in Coventry and Warwickshire struggling with:

- Diagnosed conditions such as depression, anxiety, OCD, psychosis, PTSD, schizophrenia, eating and other personality disorders.
- Self-diagnosed mental distress and who will not contact mental health services fearing prejudice and the stigma that comes with a diagnosis.
- Assessed as below the threshold of support by statutory services but who are unable to function without support.
- On sick leave and at risk of escalating mental ill health and developing more complex needs
- Discharged from mental health hospitals and lacking support to rebuild their lives.
- With long-term and complex mental health conditions they are struggling to self-manage.

"I am so frustrated and I just want to scream and cry! Everything I have worked so hard for has just gone to pot; my weight, my motivation, my mental health, my sense of humour, my routine and my sleep, and sometimes it feels there's nothing left of me. The only thing that's positive and keeps me going is this group and I wouldn't miss it for my life! It makes me feel less alone and the art projects help me stay on track."
(Participant May'20)

Arty-Folks

Trustee Directors' Report and Financial Statements for the year ended 31 March 2021
Company Registration no.5260817 Charity Registration no.1107757

Activities Report

On Monday 23rd March 2020 we accepted with a heavy heart to stop all face-to-face weekly art groups and outreach activities in person when the Covid-19 pandemic catapulted the world into an uncertain future.

For us, not supporting our members at all through such a critical time was unthinkable. Three days later, on 26th March 2020 we ran the first online workshop on Skype.

At start of the Covid-19 pandemic Trustees, staff and volunteers met weekly to monitor the rapidly developing situation and ensure everyone remained up to speed with latest government guidelines. Organisational risks were substantial and it was clear to us all that we needed to embrace and adapt to the pandemic in order to survive and **emerge thriving!**

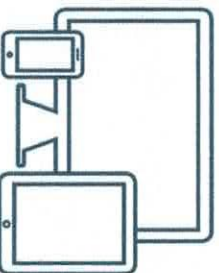
We set ourselves very ambitious and determined objectives for the year 2020/21

- To run weekly creative activities physically apart but socially connected and supportive of our members throughout the pandemic.
- To prevent the loss of life by providing service users a stable and consistent contact point including those returning to us who lost their usual statutory support.
- To upgrade IT hard&software and enable our staff team to work effectively from home.
- To upskill staff and adapt our previously face-to-face activities to online delivery.
- To offer an 'open door' with immediate self-referral access to our service through digital platforms.
- To reopen Eaton House as soon as feasible whilst maintaining covid-19 safety restrictions and hygiene to avoid the risk of transmission.
- To secure emergency grants to bridge the funding gap caused by the cancellation of projects (see trustees' governance statement).

Demographics		
Participants 2020-21		
Gender	Ethnicity	Age
8% Male	76% White British	8% 18-25 years old
87% Female	10% White other nationalities	48% 26-45 years old
5% Non-binary	15% Ethnic Minorities	45% 46+ years old
Domicile	Employment	Area of Need
Mar-Dec'20	April-Dec'20	57% De-stressing
74% Coventry	35% Employed/studying	14% Improve routine
26% Warwickshire	65% Unemployed	16% Gain new skills
Jan-Mar'21	Jan-Mar'21	8% Socialise more
32% Coventry	77% Employed/studying	5% Professional dev.
68% Warwickshire	24% Unemployed	

NOTE: Domicile and Employment data show that since we started delivering Creative Arts on Referral in January we are supporting more people in Warwickshire and more people in employment, as required by Commissioners.

2020-2021 At a Glance



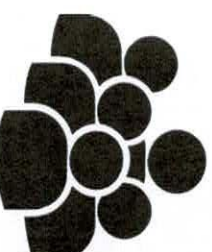
23rd March 2020 lockdown starts

26th March 2020 1st online workshop

51 people were supported through weekly Skype workshops initially in groups of 4.

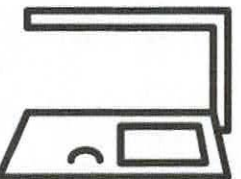
Welcoming new attendees

46 new people joined the service through courses we delivered with the Recovery and Wellbeing Academy.



4th August 2020 reopening Eaton House

16 people attended in-person at Eaton House from August when restrictions eased. No Covid-19 infections at Arty-Folks reported since.



New Perspectives in-person group starts

Despite the Covid-19 challenges we supported:

- 2 people into volunteering
- 3 people into employment
- 5 people into education



1st January 2021 launch

First Creative Arts on Referral programme!

With 15 courses and 6 workshops

11th January Come Connect 1st workshop.



Suicide Prevention CWPT

Staff completed suicide prevention training

21 people supported to talk and seek professional help.



Activities delivered

240 art sessions.

70 hours physical health group activities.

500 hours 1:1 Mentoring and Coaching.

300 art packs were delivered across all

projects to support participation from home.



*"I just wanted to thank you for these new skills you have taught me. It has become invaluable to me. I find myself using them more and more to help me build time for myself, check in and ground myself."
(Participant, March'21)*

Key Achievements 23rd March to July 2020

- On Monday 23rd of March 2020 staff ran the last workshop at Eaton House and started the **first online group three days later, on Thursday 26th using skype**, despite feeling under-skilled, under-equipped, overwhelmed and shocked by the situation.
- Staff successfully adapted the art programme to online engagement and we are proud to report that **all service users in our care remained connected and mentally stable** despite these circumstances.

Blog: <https://arty-folks.org.uk/covid/apart-but-together/>

- **We hand delivered art packs** to individual homes to 'check-in' with people and prevented homelessness, domestic abuse, self-neglect, food shortage and financial poverty.

Blog: <https://arty-folks.org.uk/funders/160miles18hours18-64petrol/>

- We trained our service users to connect through online platforms and supported those most socially isolated through a weekly outdoor 'walk & talk' in local parks.
- We maintained our open access policy and welcomed new participants to our service through running courses with the Coventry Recovery & Well-Being Academy.
In fact, we tripled the number of courses to ensure we offered an open door to people in need when they need us most. **A total of 97 new people registered with 46 attending.**
- We are proud that during the period April to September, Arty-Folks was the **ONLY** Academy partner running courses!
- The Coventry & Warwickshire Recovery and Wellbeing Academy is a partnership of local organisations that offer a wide range of free courses and workshops across Coventry and Warwickshire. As one of the first delivery partners, Arty-Folks started running the course Art for Relaxation in 2017.
- Staff underwent extensive training in a wide range of fields including how to carry out Covid-19 sanitising, health&safety checks, and risk assessments in preparation to reopening our studios.
- During this period we secured £77,127 Covid-19 emergency funding for staff salaries and training, to replace IT, and to distribute art materials.



"Right now, keeping positive, motivated and in the present is a mammoth task! But I really enjoy the weekly homework projects, they keep me busy and motivated. The themes have all been very thought provoking and help me keep emotionally and intellectually engaged. And I always look forward to catching up with the other members and seeing their artwork." (Participant, April '20)

Challenges 23rd March to July 2020

- Digital demands and pressures on our small staff team were relentless and putting their confidence and mental wellbeing at risk. Existing IT equipment which was already 10 years old malfunctioned and became inoperable. The Arts Council England grant enabled us to purchase new laptops and tablets, and so improved working from home and our course delivery
- With many service users having a large amount of time alone, our staff needed to design a new project every week to keep service users motivated and focused on self-development and their road to recovery. At times staff only had hours to adapt art projects designed for face-to-face to online delivery.
- Initially, on Skype, we ran 1-hour workshops for small groups of 4 people to have better engagement and greater personal contact. These smaller groups allowed us to facilitate a dialogue between participants and support each other during the week. At the start staff were running 8 weekly Skype groups which was not sustainable. This was resolved by migrating to Zoom and by reducing to 2 weekly groups by the start of July.
- To begin with, many participants didn't have access to a device or Wi-Fi to join online, nor a mobile phone with video function or sufficient data to participate. We referred participants to a range of services for digital support and connectivity, and wherever possible talked them through how to connect over the phone. However, by the end of the summer those who were financially able and digitally capable had upgraded. Unfortunately, we can also see that social isolation has significantly increased for those who have not kept pace with digital developments.
- Managing group dynamics and the intensity of support needed to run these groups put our two members of staff running the service under great pressure. This was resolved through various staff training, through frequent 1:1 check-ins with service users, and through a monitored Skype chat group that allowed participants to share artwork, cooking recipes, etc.
- Wi-Fi bandwidth at Eaton House is insufficient to run Zoom groups and unfortunately, we are not able to upgrade to fibre optics broadband. To somehow mitigate these problems, staff had to learn a huge range of digital skills and make choices and decisions at speed!



Eaton House art studio – 23rd March 2020



....and from 1st August 2020

"I've always shopped when I felt low but with the pandemic it's now horrendous! The days are so long! I am bored out of my mind! I don't have any responsibilities, nothing I have to do for anyone! So when I don't know what to do with myself I go online, even at 3am, and I get excited when a parcel arrives.

I'm not quite sure what made me open up to the group yesterday but I think it did change something; I went online but gave myself time to decide NOT to buy and that made me feel quite good! It's only been once, but I can try it again." (Participant May'20)

Arty-Folks

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Company Registration no.5260817
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Key Achievements August to December 2020

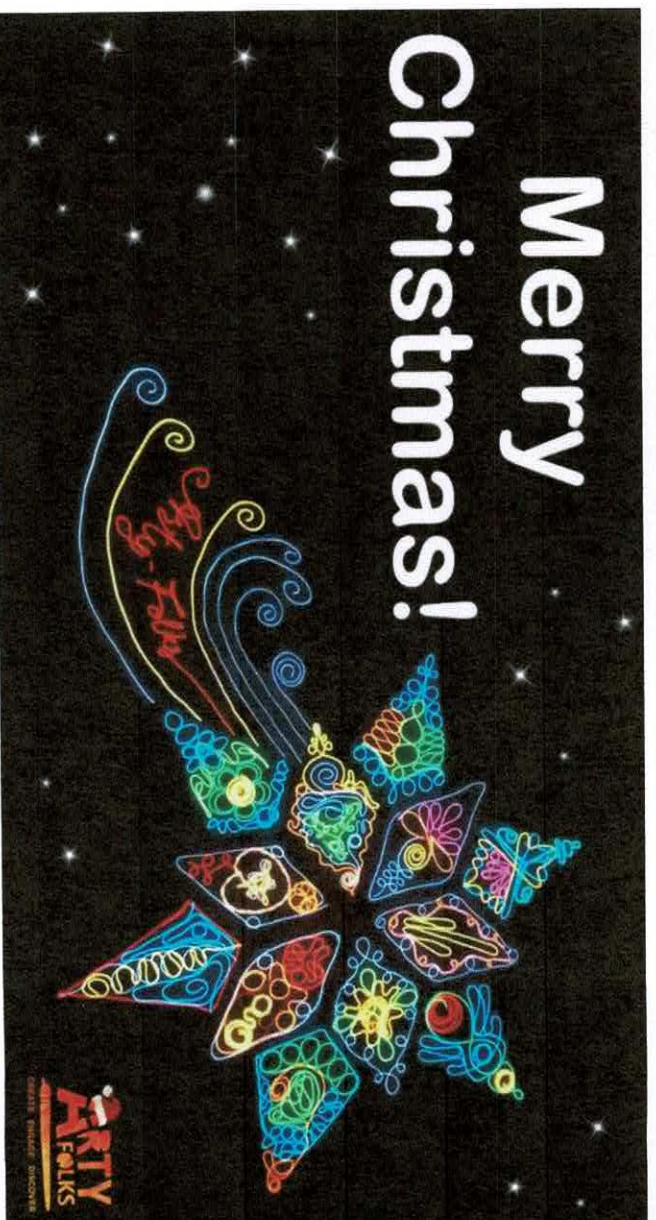
- On **3rd of August** we reopened Eaton House to run our 2nd New Perspectives project funded through Groundwork UK European Social Funds. Started in 2019, New Perspectives group offers people furthest from the labour market individualised support to develop a fulfilled, healthy, economically active life, and to be empowered to reach their potential.
Blog: <https://arty-folks.org.uk/arty-folks-news/re-opening-at-eaton-house/>
- **14 participants attended in-person during this period.** Funded through Think Active participants attended weekly **physical health workshops** sampling yoga, QiGong, meditation, healthy eating, dancing, HIIT training, etc.
Blog: <https://arty-folks.org.uk/pastpresent-projects/think-active/>
- In October we completed a **mural for Longford GP Surgery**, Coventry, commissioned by Arden Estate Partnerships for City of Culture 2021. Participants attending on Zoom as well as those at Eaton House created designs ideas celebrating the area of Longford that staff collated into the final artwork.
Blog: <https://arty-folks.org.uk/pastpresent-projects/arty-folks-is-movingblue-in-longford/>
- For World Mental Health Day 10th October Arty-Folks hosted **'Come Connect'**, Coventry's 1st **Super-Zoom Community Speed-Meeting** event with 12 local groups.
Blog: <https://arty-folks.org.uk/arty-folks-news/10th-october-world-mental-health-day-2020/>
- On 5th November 2020 we celebrated Arty-Folks' 25th birthday with Trustees and members.
Blog: <https://arty-folks.org.uk/arty-folks-news/its-our-25th-birthday-today/>
- Historic Coventry Trust and Arup commissioned us to create a collaborative sculpture using electric luminescent wire. **'Shooting star'** was created by 12 members.
Blog: <https://arty-folks.org.uk/pastpresent-projects/weaving-light/>
- We completely redesigned our website www.arty-folks.org.uk to reflect our online programme, and we installed a **direct online booking** system to our activities that enables us to manage attendance as well as gathering demographic data.
- In December 2020 our bid to run **Creative Arts on Referral**, a 2.5yr arts programme for adults with low to moderate mental health needs in Warwickshire was accepted and **Warwickshire County Council commissioned Arty-Folks to start the programme on 1st of January 2021.**



Mural for Longford GP Surgery, Coventry, commissioned by Arden Estate Partnerships for City of Culture 2021.

Challenges August to December 2020

- Assessing risk of face-to-face activities and ensuring the safety of staff and service users at Eaton House within changing and inconsistent Covid-19 guidelines to observe.
- Supporting New Perspectives through the transition phase into work or education and helping them maintain their new commitments as the working environment had become very challenging and stressful due to Covid-19.
- Complete redesign of website pages to reflect the new online service and enabling new participants to join. This included the installation of a new automated booking system that allows participants enrol on our courses independently. On enrolment, participants are automatically emailed the Zoom link and staff receive an email notification of their registration.
- Understandably, staff felt exhausted by the end of the year as the day-to-day challenges to continue delivering while also learning to adapt to a whole new way of working had been extremely challenging and stressful. Some staff support was put in place to support their mental wellbeing.
- In November we submitted our bid to deliver Creative Arts on Referral to Warwickshire County Council but we knew our proposal was up against established arts organisation with a strong foothold in Warwickshire. To our surprise our proposal was favoured and on 10th December we met our commissioner for the first mobilisation meeting. Our CEO worked through the Christmas period to plan and launch the first 3 months course schedule on the 1st of January 2021.



"I signed up for the course because I felt so incredibly low but also terribly guilty because I know that so many are in a far worse situation than I am. I know I should be lucky I've got a job but having had the time to reflect during lockdowns I realised that it really is not the right place for me. I've been grinding my teeth in my sleep and my anxiety shot through the roof.

I absolutely loved the Woolly Wonderful course and then the Art for Relaxation. I learnt so much about art, about myself, about my mental health, and I loved the group conversations. People were so open and honest about their experiences and their worries and they helped me become a bit more compassionate with myself." (Participant March 21)

Arty-Folks

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Company Registration no.5260817
Charity Registration no.1107757

Key Achievements January to March 2021

Following an open tender process, Warwickshire County Council chose Arty-Folks to deliver Creative Arts on Referral, a 2.5yr art for mental wellbeing programme for adults with low to moderate mental health needs in Warwickshire.

This is a transformational Public Health contract which we gained through our 25 years' experience of working in this field, our track record of delivering courses with the Recovery & Wellbeing Academy, our digital capabilities and particularly our online booking system, and most certainly because we have demonstrated resilience of service, consistently delivering through the Covid-19 pandemic.

Creative Arts on Referral Programme targets:

Totals	Year 1 (-12 months)	Year 2 (-6 months)	Year 3 (-12 months)
Number of courses	45	30	60
Number of participants	540	360	720


Traditionally, Arty-Folks focused on supporting unemployed adults with substantial mental health illness who were receiving NHS specialist mental health support. For the first time in Arty-Folks' history, we are supporting adults across all sections of society many of whom did not describe themselves as experiencing mental health issues.

Staff have observed that participants who are mental health service users enjoy attending online from the comfort of their home. Many said that the pandemic has in actual fact reduced their social isolation and enabled them to participate in group activities.


CREATIVE ARTS ON REFERRAL

January-March 2021

To book your place:
<https://tiny.cc/9p3kxw>
<https://www.recoveryandwellbeing.co.uk/>



Free Online Art and Mental Health courses for Adults 18+ in Coventry and Warwickshire who are struggling with low mood, stress, anxiety and depression



COME CONNECT

Dates:
11th January
25th January
8th February
22nd February
9th March
22nd March


Course start dates:
11th January
8th February
15th March

Course:
Come Connect is an informal 1-hour workshop that will introduce you to the programme of Creative Arts on Referral courses and how to enrol. It includes:
- Art for Relaxation later
- information about community activities
- one-to-one with Wellbeing Coach

Art for Relaxation is a 3-week course that will introduce you to many creative techniques that can help step back when you are feeling stressed. No previous art experience is required. Learn to combine art with mindfulness and yoga techniques that you will need to make the most of the full 6-week course of your choice.

4 Mondays x 30mins
Course start date:
18th January
08.30-09.00am

Art before Work is an early morning course for people in employment who are struggling with stress and anxiety.
Give yourself 30 Minutes creative 'me time' before you start your working week to learn easy techniques to reduce stress you can embed into your everyday life.



ART BEFORE WORK

On the other hand, people in employment or on furlough have shown signs of acute stress and poor mental health. Unfortunately, many are not able to fully acknowledge signs of burnout and to prioritise self-care. In fact, the mental health of the working population is under more pressure than we had expected.

The user journey through the programme was mapped as beginning with:

- **Come Connect**, 1-hour taster session and meet and greet, followed by
- **Art for Relaxation**, a 3-week introductory course delivered at different times (am, pm, evenings) to suit a wide range of participants, including teachers and people in employment:
 - Art for Relaxation am and pm
 - Art before Work 8.30am
 - Art after Work 5pm

Arty-Folks

Trustee Directors' Report and Financial Statements for the year ended 31 March 2021
Company Registration no.5260817

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MY SANCTUARY

Course start dates:
3rd February
25th February

My Sanctuary is a 6-week course and to enrol you must have completed the short course Art for Relaxation or Art before Work.

Inspired by Mexican Folk Art we will be creating 2D and 3D objects to create a magical timeless space where you can feel relaxed, safe, connected and grounded.



UNIQUELY VINCENT

6-week Course start dates:
3rd February
24th February

for people in employment only

Uniquely Vincent is a 6-week course and to enrol you must have completed the short course Art for Relaxation or Art before Work.

In this course you will learn Van Gogh's approach to drawing and painting to create movement and you will create your own captivating landscapes inspired by his techniques.



A PASSION FOR PLANTS

6-week Course start dates:
25th February

A Passion for Plants is a 6-week course and to enrol you must have completed the short course Art for Relaxation or Art before Work.

Inspired by Botanical Artists you will learn to draw and paint what you see in front of you use your passion for plants to express yourself like artists Frida Kahlo and Georgia O'Keeffe.



FINE ART TO WELLBEING

3-week top-up Course start date:
15th March

Fine Art to Wellbeing is a top-up course for people who completed their Creative Arts on Referral journey and are looking to further enhance their self-reflective arts practice.

We think about creativity as making something new and original, but in fact the root meaning of creativity means 'to grow'.

Advanced Creative Arts Practice courses and workshops for those wishing to develop their skills further included

- **Passion for Plants, 6-weeks**
- **Woolly Wonderful, 6-weeks**
- **Uniquely Vincent, 6-weeks**
- **Fine Art to Wellbeing, a 3-week advanced top-up course**
- **Monthly Arty Meet-ups for course graduates where we invite a local artist to lead a practical workshop on their own arts practice.**

Challenges January to March 2021

- Designing and launching a full programme of courses and workshops within weeks!
- Trialling different methods of delivery and tailoring activities to the different client groups to meet the augmented mental health needs across Coventry and Warwickshire.
- Managing the number of people enrolling on courses and making processes scalable.
- Marketing the courses in Warwickshire as historically our main service user base is Coventry.
- Ensuring scheduling of sufficient one-one time to call participants needing additional support. Initially, the digital skills and confidence of participate was very low which made it difficult for staff to support participants with activities. We addressed this by offering every new participant 1:1 support before the start of a course.
- Redesigning the data collection journey to suit the research methods adopted by Coventry University who will be evaluating the health benefits of this 2.5year programme.
- Managing attendance and communication with course participants to ensure high engagement.
- Providing personalised feedback on artwork to support participants skills development, and to encourage and sustain attendance.

"After my partner died I felt half of me was gone. I made some sort of a life but I just wanted to cry all the time. This thing took over me like a black hole. I had hallucinations and there was no doctor I could see because of Covid and so I ended up calling the ambulance. A social prescriber referred me to Arty-Folks and it's been the best thing for me, far better than any medication. I'm not really that arty compared to others in the group but I enjoy learning and I have made new friends who live in my area (Nuneaton). I will always miss my life partner but I can have a good time again with like-minded people." (Participant March'21)

Arty-Folks

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Outcomes and Impact

Arty-Folks uses a blend of questionnaires including WEMWBS and our bespoke Recovery Star to capture service users' self-reported changes and impact on their wellbeing over time.

New Perspectives peer support group

After a 6-month period of attendance service users self-reported following health improvements:

- Overall Wellbeing: 10% increase on average across all participants.
- All participants recorded a positive increase across all 10 life domains.
- 'I feel lost and don't know what to do', a reduction of average 14%.
- The domain 'Optimism' showed the greatest improvement.
- A decline was seen in response to: 'I can put my point across with GP or professional staff' due to the pandemic and lack of access to medical support.

Creative Arts on Referral

SWEMWBS is the short version of the Warwick-Edinburgh Mental Wellbeing Scale used to monitor mental wellbeing. Scores can range from 7, indicating low mental wellbeing to 35 indicating high mental wellbeing. A positive change demonstrates an improvement in mental wellbeing. All changes reported below are from start to end of course over all participants who completed a start and end questionnaire.

- Overall mean wellbeing score change from 20.4, just within the moderate mental wellbeing range to a score of 22, comfortably within the moderate range, difference of +1.66
- 71% scored within the low mental wellbeing range at start compared to 49% at end of course
- 25.3% of participants had a meaningful positive change (increase of 3 points or more)
- I've been feeling close to people mean change: +0.28
- I've been dealing with problems mean change: +0.26
- I've been feeling relaxed mean change: +0.37
- Age group showing the biggest improvement: 26-45yr olds by +2.78points
- Gender showing biggest improvement: non-binary by +3.5 points

Service Satisfaction Feedback	
94%	Attending Arty-Folks helps me feel less isolated
100%	Arty-Folks challenges me to explore different ways of looking at things
100%	Satisfied to Extremely Satisfied with the course I have attended
100%	Satisfied to Extremely Satisfied: This course has helped improve my mental wellbeing
100%	Very Satisfied to Extremely Satisfied: I feel I have been listened to and respected throughout the course
100%	I would recommend Arty-Folks to my family and friends

"I really felt I losing it sometimes. I am used to spending a lot of time on my own but this is completely different, this is not by my choice! Arty-Folks has literally been the only contact I had for nearly four months that lifted my mood, that was positive, that got me through the day-to-day. The art projects are just amazing, I can get completely absorbed and I am enjoying the company even on Zoom. It's my absolute highlight of the week, and I get so excited - what are we doing next?" (Participant January'21)

January - March 2021
Quarter 1

ART ON REFERRAL

SINCE ITS LAUNCH,

191 PEOPLE

have accessed courses with
72% self referring and
enrolling through Arty-Folks
website or the Recovery &
Wellbeing Academy



COURSES **18**

taster courses introduce the
programme & check fit

3 week courses running before
& after work were popular with
employed people



76% ATTENDANCE

attended the full 6 week
courses: Emotions in Painting
& Vincent Van Gough
30% showed meaningful
positive change in SWEMWBS



VERY SATISFIED **87%**

"I have learned to use art to
relax and connect to my
emotions by learning new
skills. I have found it
difficult this last year with
the pandemic"



FREE ART ON REFERRAL COURSES

Sign up and join us! Visit www.arty-folks.org.uk
email us at info@arty-folks.org.uk

Arty-Folks

Trustee Directors' Report and Financial Statements for the year ended 31 March 2021
Company Registration no.5260817 Charity Registration no.1107757

Case Study

J.J. mid 50s, had been unable to work for over 5years
Joined October'19 and gained employment October '20.

Things started to decline for me mentally after I lost my job of 10years, my dad passed away suddenly and my mum was diagnosed with stage four cancer. I cared for her until she passed away but then my world collapsed and I sank into a dark place where I was reliving the unbearable pain and suffering of her last few days.

I attended Arty-Folks 6 months and I was starting to feel quite well in myself when the pandemic hit. At first, it felt like a 3-week national holiday but as it went on I realised I was regressing and becoming trapped again in my own home. Arty-Folks invited me to attend on Zoom and it was hard at the beginning but, because everyone was chatty while creating their artwork, I felt ok. Sometimes Zooms were quite lively and we had a laugh, with normal conversations, just what people used to do before Covid.

In August I chose to attend in-person and I was shocked at first. Coming into the Room we had expected to go 'back to normal' and instead we entered a topsey-turvey world! But staff helped us bridge the Covid physical distance and have meaningful conversations as well as fun. Now we are so comfortable with each other and socially close but physically we are still keeping our distance – and it doesn't matter! Isn't that incredible?

I didn't have much hope that employers would want me because I had been out of work for so long and I had only been a carer to my mother. Talking to Arty-Folks' life coach helped me get my confidence up and to my surprise I did get a job in care. But after a couple of weeks I felt I had made a huge mistake! There were nights I could not sleep as my heart was racing and my stomach turning but I talked about my thoughts and feelings every week at Arty-Folks and in one of those conversations something clicked into place. I was then able to put my concerns across with my employers in a calm, reasonable, logical, and confident manner. My manager listened to me and responded well, and I am still working there and it is going well.

In a strange way the pandemic has helped. It has created a level playing field for everyone and keeping a physical distance has helped me feel less pressured. Being with my peers who were all looking for jobs, education, or volunteering has been amazing. I love the conversations we have as soon as we walk through the door. We all talk about what is going on in our lives and it really helps to offload stress, worries, and negativity.

Arty-Folks has helped me turn a corner, to shift the balance from being mentally unwell towards resilience, and I know now that from now on I will be able to handle what life throws at me.

We supported J.J. for further 3 months through the transition phase until she felt confident in her position.



Case Study

R.A. mid 30s, primary school teacher on sick leave,
joined July'20 through the Recover&Wellbeing Academy

I developed a health anxiety that spiralled out of control and I was signed off work in February, just before Covid-19 started. My dad died when I was 11 and mum is high risk and shielding, so you can imagine bringing germs like Covid home is my worst nightmare come true!

I became so ill! I couldn't walk, couldn't wash myself, couldn't go to the toilet on my own, and I thought I can't be this poorly without something very serious. I was jumping to conclusion even at the smallest things and I became convinced I had a brain tumour but the scan came back fine. I had CBT and the counsellor said that I was catastrophising, that my anxiety is irrational but I couldn't stop thinking ahead of all these scenarios and it made me worse.

I joined Arty-Folks through the Recovery Academy in April'20 and it has really helped me learn to stay in the present. In the group I was able to talk about how much I love my job as a primary school teacher and how scared I am of picking up germs and infecting my loved ones. Anxiety is like a dark cloud and would pull me in before I even realised it.

Teaching children is my passion and I can't really imagine myself doing anything else. Everyone at my school has been so supportive and lovely. And yet, the thought of going back was making me panic. It left me in a terrible place but talking it through so many times at Arty-Folks helped me to realise that yes, I do want to go back to teaching and so I started to learn to live more in the here and now. The art was definitely the starting point and then I started baking, reading books, and also going for walks.

I joined the ongoing peer support group and the art projects challenged me to learn new skills, to see things from different viewpoints and kept me occupied during the week. Slowly I started to become more present in my artwork rather than being stuck inside my own head and to stop myself before it goes too far. I guess after a while my OCD and fears started to reduce and towards the end of the summer I started to feel more able to challenge my thoughts and to see things more calmly. I was extremely anxious the first day back at school but it was wonderful when the children greeted me with such joy and my colleagues were so happy to see me.

Covid-19 brought out my worst fears but it also gave me time to work through them with Arty-Folks. I feel lucky and grateful that I was able to join this peer support group and it really kept me motivated through my darkest hours. It's hard to explain what exactly happens when you are drawing and painting but I guess it's an exercise in staying in the here and now, in focusing on what is in front of you rather than always racing ahead into a dead end. My guess is also that once you express your worst fears in your work something changes in your thoughts. That's at least how it was for me and after a while I felt calmer and I started to believe in my recovery.

R.A. began attending May'20 a 3-week course the Art for Relaxation through the Recovery Academy and returned to work Sept'20. Her Anxiety has not magically disappeared but she has learnt to manage those fears better and she is still teaching, and loving it!



Strategic Priorities 2021-2022

In November 2020, following work with the Board on the business plan for 2021-2024 new strategic targets and priorities were set for the coming years. This has been developed into an operational plan for the board to assess risks as well as monitor progress.

Strategy Targets 2021-2024

- To diversify income streams and achieve an annual income of £120,000.
- To employ a core staff team and a close group of associates providing a range of support to our service users.
- To support over 600 Service users each year through an extensive programme of art and wellbeing activities.
- To deliver activities on-line and in-person in community venues across Coventry and Warwickshire.
- To ensure Arty-Folks is visible and accessible to all adults of working age in Coventry and Warwickshire.
- To establish the programme Coventry and Warwickshire through a contract with Public Health, the NHS and other funders.

Strategic Priorities 2021-22

- To deliver Creative Arts on Referral to the highest expectations of ourselves and funders Warwickshire County Council by meeting all targets in full.
- Gather data consistently through the service and work with Coventry University to evidence the impact of Creative Arts on Referral through research, measurement and monitoring.
- To strengthen the programme to bring about increases in mental wellbeing, reduction of social isolation, and overall satisfaction in living despite the ongoing Covid-19 pandemic.
- Increase marketing and outreach to establish Arty-Folks greater presence across Warwickshire whilst continuing to offer a service to Coventry residents.
- Develop the on-line programme further and establish it as a permanent part of our service.
- Ensure Covid-safe delivery and resume more face-to-face groups.
- Successfully complete the first 18 months contract and seek 12 months continuation funding
- Continue to diversify income streams.
- Seek new partners/ collaborators for grants and diversity of work.

At close of the financial year ended 31 March 2021 Arty-Folks held **£128,671 in funds, of which**

- Restricted funds of £70,803 for grant funded projects to be completed during 2021-22.
- Unrestricted funds of £17,600.
- Unrestricted funds totalling £30,012 have been set aside to cover up to 4 months running costs in the event of future funding difficulties.
- Unrestricted funds of £10,256 designated to:
 - Cover the cost of securing new premises, and
 - Relocate office and activity space when requested by landlord. The charity benefits from a peppercorn rent at Eaton House, but the landlord reserves the right to request the premises be vacated within 28 days if paying tenants claim the space.

"Arty Folks has helped me put the past away and look to the future" (Participant March'21)

Arty-Folks
Independent examiner's report
For the year ended 31st March 2021

I report to the trustees on my examination of the financial statements of Arty-Folks (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).


Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.


Robert Anderson FCA
Azets Audit Services
3Mc Middlemarch Business Park
Siskin Drive
Coventry
West Midlands
CV3 4FJ

Dated: 22/10/21

Arty-Folks
Statement of Financial Activity
For the year ended 31st March 2021

	Note	Unrestricted £	Restricted £	2021	Unrestricted £	Restricted £	2020 £
Incoming Resources							
<u>Incoming Resources from generated funds</u>							
Donations		4,158		4,158	216		216
Investment Income/Bank Interest		10		10	31		31
<u>Incoming Resources from charitable activities</u>							
Grants and contracts	2	15,000	138,799	153,799		22,279	22,279
Other income		3,163		3,163	3,893.00		3,893
Total incoming resources		22,331	138,799	161,130	4,140	22,279	26,419
Resources Expended							
Charitable activities		504	75,676	76,180	60	62,698	62,758
Governance costs			800	800	30	690	720
Total resources expended	3	504	76,476	76,980	90	63,388	63,478
Net incoming/(Net outgoing) resources before transfers		21,827	62,323	84,150	-	4,050	41,109
Transfers				-	103	-	103
Net movement in funds		21,827	62,323	84,150	-	3,947	41,006
<u>Reconciliation of funds</u>							
Total funds brought forward		31,792	12,729	44,521	27,845	53,735	81,580
Total funds carried forward	7	53,619	75,052	128,671	31,792	12,729	44,521

The Statement of Financial Activities includes all gains and losses in the year.

All incoming resources and resources expended derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Arty-Folks
Balance Sheet
As at 31st March 2021

	Note	2021	2020
		£	£
Current assets			
Debtors	5	28,807	1,095
Cash at bank and in hand		106,336	45,283
Total current assets		<u>135,143</u>	<u>46,378</u>
Liabilities			
Creditors: amounts falling due within one year	6	6,472	1,857
Net current assets		<u>128,671</u>	<u>44,521</u>
Funds			
Designated funds	7	10,256	10,256
Unrestricted Operational Reserves	7	30,012	21,535
Unrestricted funds	7	17,600	0
Restricted funds	7	70,803	12,729
		<u>128,671</u>	<u>44,521</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2021. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on.....

Ian McFarlane-Toms

Registered Company: 5260817

1 Charity information

The Charity is a company limited by guarantee incorporated in England and Wales.

It does not have share capital and the liability of each member is limited to the guarantee given by that member which shall not exceed £1.

The registered office is 1st Floor Eaton House, 1 Eaton Road, Coventry, CV1 2FL.

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees has a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Restricted Funds - Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets this criteria is charged to the fund together with a fair allocation of management costs.

Unrestricted funds - Unrestricted funds are available for use at the discretion of the Board in furtherance Designated funds are unrestricted funds earmarked by the Board for particular purposes.

Unrestricted Operational Reserves are to cover 4 months running costs in the event of unforeseen circumstances.

1.4 Incoming Resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Incoming resources from grants are included in incoming resources in the year in which they are receivable. Where income is received in advance of performance, its recognition is deferred and included in creditors.

Investment income and other income are included when receivable.

1.5 Resources Expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources. Support costs are allocated based on percentage of total costs.

Cash and cash equivalents

- 1.6** Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Financial instruments

- 1.7** The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Employee benefits

- 1.8** The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Reserves policy

- 1.9** The charity is aware of its operational commitments going forward and aims to keep sufficient free funds in order to maintain its operational commitments for a period of four months. This is subject to continuous review by the trustees.

2 Grants receivable

	2021	2020
Unrestricted funds		
Barings Foundation	8,000	
Coventry City Council	7,000	
	<u>15,000</u>	<u>-</u>
Restricted funds		
People's Health Trust	4,249	6,289
HMRC Job Retention Scheme		
Arts Council England	35,000	
Arts Council England Access grant	2,954	
Big Lottery Fund	17,100	
Coventry&Warwickshire NHS PT	9,900	
Heart of England Community Foundation	2,815	
Groundwork ESF	19,958	15,990
Comic Relief	2,000	
Think Active	2,000	
Warwickshire County Council	<u>42,824</u>	<u>-</u>
Total incoming resources	<u><u>138,799</u></u>	<u><u>22,279</u></u>

3 Total resources expended

	Unrestricted £	Restricted £	2021 Total	Unrestricted £	Restricted £	2020 Total £
Salaries		57,945	57,945		49,706	49,706
Premises Eaton House		729	729		917	917
Venue hire	-	-	-		1,050	1,050
Activities/Materials		4,358	4,358		2,525	2,525
Travel expenses	54	154	208		625	625
Volunteer expenses		451	451		1,378	1,378
Exhibitions		-	-		840	840
Telephone & internet	108	1,001	1,109		1,617	1,617
Office consumables		1,760	1,760		694	694
IT hard&software		7,692	7,692		854	854
Insurance	342	35	377		640	640
Subscriptions		-	-		88	88
Training		959	959		1,271	1,271
Independent Examination		800	800	30	690	720
Payroll fees		268	268		261	261
DBS checks		100	100		-	-
Marketing promotion		142	142		68	68
Governance costs		13	13		163	163
Bank charges		69	69	60		60
	504	76,476	76,980	90	63,388	63,478

4 Staff costs

	2021	2020
	£	£
Wages and Salaries	54,510	49,426
NI Insurance	2,988	0
Pension Costs	447	280
	<u>57,945</u>	<u>49,706</u>

No employee earned £60,000 p.a. or more.

No remuneration was paid to trustees in the year, nor were any expenses reimbursed to them.

The average number of employees during the year was 4.

5 Debtors

	2021	2020
	£	£
Amounts falling due within one year		
Prepayments	108	550
Other debtors	28,699	535
	<u>28,807</u>	<u>1,095</u>

6 Creditors

Amounts falling due within one year

Trade creditors	2,748	1,167
Taxation and social security	2,966	0
Accruals	758	690
	<u>6,472</u>	<u>1,857</u>

7 Reserves and reconciliation of movement in funds

	1st April 2020	Incoming resources	Outgoing resources	Transfers	31st March 2021
	£	£	£	£	£
Unrestricted funds					
Designated funds	10,256	-	-	-	10,256
General funds	-	9,600	-	-	9,600
Baring Foundation		8,000			8,000
Operational Reserves	21,536	8,980	504	-	30,012
	31,792	26,580	504	-	57,868

Restricted funds					
Groundwork ESF *	12,729	19,958	28,935		3,752
Heart of England Community Foundation		2,815	2,815		-
Arts Council England**		35,000	30,230		4,770
Arts Council England Access grant		2,954	2,954		-
Big Lottery Fund**		17,100	11,480		5,620
CWPT NHS***		9,900	0		9,900
Comic Relief***		2,000	0		2,000
Warwickshire County Council***		42,824	0		42,824
Think Active***		2,000	63		1,937
DWP furlough		4,249	4,249		-
	12,729	138,799	80,725	-	70,803
Total funds	44,521	165,379	81,229	-	128,671

* ESF project will be completed June'21
** Marketing post recruitment delayed
*** projects carried over due to Covid-19

8 Analysis of net assets between funds

Fund balances at 31st March 2021 are represented by:
Current Assets

	Unrestricted	Restricted	Total
	£	£	£
	57,868	70,803	128,671

9 Net movement in funds

Net movement in funds is arrived at after charging:
Independent Examiner

	2021	2020
	£	£
	800	690

10 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently managed fund.
The total charge recognised in the SOFA was £447 (2020 - £280).

11 Related parties

There were no disclosable related party transactions during the year (2020 - none).

7 Reserves and reconciliation of movement in funds

	1sts April 2019 £	Incoming resources £	Outgoing resources £	Transfers £	31st March 2020 £
Unrestricted funds					
Core funding and other unrestricted income	17,623	4,139	203	25	21,535
Designated funds	10,256				10,256
	<u>27,880</u>	<u>4,139</u>	<u>203</u>	<u>25</u>	<u>31,792</u>
Restricted funds					
Peoples Health Trust	12,121	6,289	18,403 -	7	0
HoEF Jumping through Hoops	29,998		30,017	19	0
Lloyds Bank Enable	11,617		11,629	12 -	0
Groundwork ESF		15,990	3,261		12,729
	<u>53,735</u>	<u>22,279</u>	<u>63,310</u>	<u>25</u>	<u>12,729</u>
Total funds	<u>81,615</u>	<u>26,419</u>	<u>63,512</u>		<u>44,521</u>

8 Analysis of net assets between funds

Fund balances at 31st March 2020 are represented by:
Current Assets

Unrestricted £	Restricted £	Total £
<u>31,792</u>	<u>12,729</u>	<u>44,521</u>

Arty-Folks
Independent examiner's report
For the year ended 31st March 2021

I report to the trustees on my examination of the financial statements of Arty-Folks (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).


Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.


Robert Anderson FCA
Azets Audit Services
3Mc Middlemarch Business Park
Siskin Drive
Coventry
West Midlands
CV3 4FJ

Dated: 22/10/21

Arty-Folks
Statement of Financial Activity
For the year ended 31st March 2021

	Note	Unrestricted £	Restricted £	2021	Unrestricted £	Restricted £	2020 £
Incoming Resources							
<u>Incoming Resources from generated funds</u>							
Donations		4,158		4,158	216		216
Investment Income/Bank Interest		10		10	31		31
<u>Incoming Resources from charitable activities</u>							
Grants and contracts	2	15,000	138,799	153,799		22,279	22,279
Other income		3,163		3,163	3,893.00		3,893
Total incoming resources		22,331	138,799	161,130	4,140	22,279	26,419
Resources Expended							
Charitable activities		504	75,676	76,180	60	62,698	62,758
Governance costs			800	800	30	690	720
Total resources expended	3	504	76,476	76,980	90	63,388	63,478
Net incoming/(Net outgoing) resources before transfers		21,827	62,323	84,150	-	4,050	41,109
Transfers				-	103	-	103
Net movement in funds		21,827	62,323	84,150	-	3,947	41,006
<u>Reconciliation of funds</u>							
Total funds brought forward		31,792	12,729	44,521	27,845	53,735	81,580
Total funds carried forward	7	53,619	75,052	128,671	31,792	12,729	44,521

The Statement of Financial Activities includes all gains and losses in the year.

All incoming resources and resources expended derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Arty-Folks
Balance Sheet
As at 31st March 2021

	Note	2021	2020
		£	£
Current assets			
Debtors	5	28,807	1,095
Cash at bank and in hand		106,336	45,283
Total current assets		<u>135,143</u>	<u>46,378</u>
Liabilities			
Creditors: amounts falling due within one year	6	6,472	1,857
Net current assets		<u>128,671</u>	<u>44,521</u>
Funds			
Designated funds	7	10,256	10,256
Unrestricted Operational Reserves	7	30,012	21,535
Unrestricted funds	7	17,600	0
Restricted funds	7	70,803	12,729
		<u>128,671</u>	<u>44,521</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2021. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on.....

Ian McFarlane-Toms

Registered Company: 5260817

1 Charity information

The Charity is a company limited by guarantee incorporated in England and Wales.

It does not have share capital and the liability of each member is limited to the guarantee given by that member which shall not exceed £1.

The registered office is 1st Floor Eaton House, 1 Eaton Road, Coventry, CV1 2FL.

1.1 Accounting convention

The accounts have been prepared in accordance with the charity's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees has a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Restricted Funds - Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets this criteria is charged to the fund together with a fair allocation of management costs.

Unrestricted funds - Unrestricted funds are available for use at the discretion of the Board in furtherance Designated funds are unrestricted funds earmarked by the Board for particular purposes.

Unrestricted Operational Reserves are to cover 4 months running costs in the event of unforeseen circumstances.

1.4 Incoming Resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Incoming resources from grants are included in incoming resources in the year in which they are receivable. Where income is received in advance of performance, its recognition is deferred and included in creditors.

Investment income and other income are included when receivable.

1.5 Resources Expended

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources. Support costs are allocated based on percentage of total costs.

Cash and cash equivalents

- 1.6** Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

Financial instruments

- 1.7** The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

Employee benefits

- 1.8** The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

Reserves policy

- 1.9** The charity is aware of its operational commitments going forward and aims to keep sufficient free funds in order to maintain its operational commitments for a period of four months. This is subject to continuous review by the trustees.

2 Grants receivable

	2021	2020
Unrestricted funds		
Barings Foundation	8,000	
Coventry City Council	7,000	
	<u>15,000</u>	<u>-</u>
Restricted funds		
People's Health Trust	4,249	6,289
HMRC Job Retention Scheme		
Arts Council England	35,000	
Arts Council England Access grant	2,954	
Big Lottery Fund	17,100	
Coventry&Warwickshire NHS PT	9,900	
Heart of England Community Foundation	2,815	
Groundwork ESF	19,958	15,990
Comic Relief	2,000	
Think Active	2,000	
Warwickshire County Council	<u>42,824</u>	<u>-</u>
Total incoming resources	<u><u>138,799</u></u>	<u><u>22,279</u></u>

3 Total resources expended

	Unrestricted £	Restricted £	2021 Total	Unrestricted £	Restricted £	2020 Total £
Salaries		57,945	57,945		49,706	49,706
Premises Eaton House		729	729		917	917
Venue hire	-	-	-		1,050	1,050
Activities/Materials		4,358	4,358		2,525	2,525
Travel expenses	54	154	208		625	625
Volunteer expenses		451	451		1,378	1,378
Exhibitions		-	-		840	840
Telephone & internet	108	1,001	1,109		1,617	1,617
Office consumables		1,760	1,760		694	694
IT hard&software		7,692	7,692		854	854
Insurance	342	35	377		640	640
Subscriptions		-	-		88	88
Training		959	959		1,271	1,271
Independent Examination		800	800	30	690	720
Payroll fees		268	268		261	261
DBS checks		100	100		-	-
Marketing promotion		142	142		68	68
Governance costs		13	13		163	163
Bank charges		69	69	60		60
	504	76,476	76,980	90	63,388	63,478

4 Staff costs

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	£	£
Amounts falling due within one year		
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Other debtors	28,699	535
	<u>28,807</u>	<u>1,095</u>

6 Creditors

Amounts falling due within one year

Trade creditors	2,748	1,167
Taxation and social security	2,966	0
Accruals	758	690
	<u>6,472</u>	<u>1,857</u>

7 Reserves and reconciliation of movement in funds

	1st April 2020	Incoming resources	Outgoing resources	Transfers	31st March 2021
	£	£	£	£	£
Unrestricted funds					
Designated funds	10,256	-	-	-	10,256
General funds	-	9,600	-	-	9,600
Baring Foundation		8,000			8,000
Operational Reserves	21,536	8,980	504	-	30,012
	31,792	26,580	504	-	57,868

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Arts Council England**		35,000	30,230		4,770
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Big Lottery Fund**		17,100	11,480		5,620
CWPT NHS***		9,900	0		9,900
Comic Relief***		2,000	0		2,000
Warwickshire County Council***		42,824	0		42,824
Think Active***		2,000	63		1,937
DWP furlough		4,249	4,249		-
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Total funds	44,521	165,379	81,229	-	128,671

* ESF project will be completed June'21
** Marketing post recruitment delayed
*** projects carried over due to Covid-19

8 Analysis of net assets between funds

Fund balances at 31st March 2021 are represented by:

	Unrestricted	Restricted	Total
	£	£	£
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9 Net movement in funds

Net movement in funds is arrived at after charging:
Independent Examiner

	2021	2020
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10 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently managed fund.
The total charge recognised in the SOFA was £447 (2020 - £280).

11 Related parties

There were no disclosable related party transactions during the year (2020 - none).

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Restricted funds					
Peoples Health Trust	12,121	6,289	18,403 -	7	0
HoEF Jumping through Hoops	29,998		30,017	19	0
Lloyds Bank Enable	11,617		11,629	12 -	0
Groundwork ESF		15,990	3,261		12,729
	<u>53,735</u>	<u>22,279</u>	<u>63,310</u>	<u>25</u>	<u>12,729</u>
Total funds	<u>81,615</u>	<u>26,419</u>	<u>63,512</u>		<u>44,521</u>

8 Analysis of net assets between funds

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Current Assets

Unrestricted £	Restricted £	Total £
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